

Mid-Iowa Behavioral Health Region
Mental Health and Disabilities Services
Management Plan
October 1, 2014

Serving the Residents of Mahaska and Marion Counties in Iowa

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II. ANNUAL SERVICE AND BUDGET PLAN FOR FY14/15

Mid-Iowa Behavioral Health Region (MIBHR) exists to support improved access to health care and to promote full citizenship for people with mental illness, intellectual disabilities, or developmental disabilities. This plan assumes that the state will not mandate expansion of initial core services or creation of additional core services without additional funding. This plan covers the period from October 1, 2014 through June 30, 2015.

A. Access Points & Care Coordination Agencies

An access point is a part of the Mid-Iowa Behavioral Health Region service system that is trained to complete the MHDD regional applications and determine service eligibility for persons with a disability. MIBHR has designated the following access points:

Access Point	Address	Phone
Mahaska County Community Services	301 1 st Avenue E., Oskaloosa, IA 52777	641-672-2625
Marion County Community Services	2003 N. Lincoln, Knoxville, IA 50138	641-828-8149

B. Targeted Case Management Providers

Mid-Iowa Behavioral Health Region offers access to cost effective, evidenced based, conflict free Targeted Case Management as described in IAC 441-25.21(1)g. Targeted Case Management Services for eligible residents in MIBHR shall be provided by the following agencies:

Agency	Address	Phone
Mahaska County Case Management	301 1 st Avenue E., Oskaloosa, IA 52777	641-672-2625
DHS Case Management	3014 E. Main St., Knoxville, IA 50138	641-842-5087

C. Crisis Planning

Crisis prevention, response and resolution is as much a mindset as it is a continuum of strategies and services. In the Mid-Iowa Behavioral Health Region, crisis prevention includes Mental Health First Aid training for the general public. Mahaska Health Partnership, Behavioral Health and Capstone Behavioral Health offer this training at various times per year. Crisis care is also available on a 24 hour basis for prevention, supportive counseling and debriefing. Crisis prevention, response, and resolution are an integral part of the treatment and support plans that are prepared by Network Providers, Targeted Case Management, and Service Coordination. When these plans are developed, the goal is to figure out an environment and support structure that works for a person to mitigate the triggers that lead to crisis. Much of the prevention, response, and resolution of crisis is handled through the normal services and supports people receive.

If more specialized crisis response and resolution is required to meet a person's need, MIBHR has many options. At Mahaska Health Partnership, Knoxville Hospital and Clinics, and Pella Regional Health Center crisis care is available 24 hours a day, seven days a week by phone or walk in. The primary goals are crisis assessment, resolution, and screening for inpatient hospitalization.

The chart below is a listing of current MIBHR crisis services.

Service	Crisis Function	Provider	Contact Information
Mental Health First Aid	Mental Health training for the community	MHP-Behavioral Health	641-672-3159
Crisis Response	Telephone response 24/7/365 for mental health and disability related services	MHP-Behavioral Health	641-672-3159
Mental Health First Aid	Mental Health training for the community	Capstone Behavioral Health	641-842-4925
Crisis Response	Telephone response 24/7/365 for mental health and disability related services	Capstone Behavioral Health	641-842-4925
Crisis Services	Hospital based 24/7 telephonic and walk-in access at hospital for crisis resolution and screening for inpatient treatment	Mahaska Health Partnership	641-672-3100
Crisis Services	Hospital based 24/7 telephonic and walk-in access at hospital for crisis resolution and screening for inpatient treatment	Knoxville Hospital and Clinics	641-828-7211
Crisis Services	Hospital based 24/7 telephonic and walk-in access at hospital for crisis resolution and screening for inpatient treatment	Pella Regional Health Center	641-621-2200

D. Scope of Services & Budget

The annual budget and planning process is utilized to identify and implement core disability service improvements. The Mid-Iowa Behavioral Health Region collaborates with stakeholders to assess need and to advocate adequate funding for services and supports in the initial core and additional core service domains. In the event an eligible individual would need funding for a service, where currently no funding has been allocated, funding will be made available by the region. Projection of need is indicated in the dollar amounts budgeted and was based on historical usage. In the future projection of need will be based on the access standards in IAC 441-25.3(331) Access Standards. MIBHR is the funder of last resort. Additional funding sources are used to empower individuals to reach their fullest potential. MIBHR is responsible for services that are authorized in accordance with the Regional Management Plan and within the constraints of budgeted dollars. Services funded by MIBHR are subject to change or termination with the development of the annual budget each fiscal year. The Regional Management Plan Policy & Procedure Manual addresses mandated services access standards.

The MIBHR Chief Executive Officer proposed the FY15 budget. The Mahaska and Marion County Boards of Supervisors adopted the FY15 Budget in March of 2014. MIBHR is responsible for managing and monitoring the adopted budget.

Every year MIBHR will review actual expenditures and services provided, stakeholder input and participation, quality assurance implementation findings, wait list information, progress toward goals and objectives, and, if any, appeal type and resolution to determine if gaps in services or barriers to services exist. In December of each year this review will be submitted to the Department of Human Services.

<u>Core Service Domain: Specific Service</u>	<u>Description</u>	<u>FY15 Proposed Budget</u>	<u>Additional Funding Sources</u>
Treatment: Assessment & Evaluation	The clinical review by a mental health professional of the current functioning of the individual using the service in regard to the individual's situation, needs, strengths, abilities, desires and goals to determine the appropriate level of care.	\$ 2,500	Medicaid, Insurance
Treatment: MH Outpatient Therapy	Services will consist of evaluation and treatment services provided on an ambulatory basis for the target population including psychiatric evaluation, medication management and individual, family, and group therapy.	\$ 160,000	Medicaid, Insurance
Treatment: Medication Prescribing & Management	Services provided directly to or on behalf of the individual by a licensed professional as authorized by Iowa law including, but not limited to, monitoring effectiveness of and compliance with a medication regimen; coordination with care providers; investigating potentially negative or unintended psychopharmacologic or medical interactions; reviewing laboratory reports; and activities pursuant to licensed prescriber orders. Services with the individual present provided by an appropriately licensed professional as authorized by Iowa law including, but not limited to, determining how the medication is affecting the individual; determining any drug interactions or adverse drug effects on the individual; determining the proper dosage level; and prescribing medication for the individual for the period of time before the individual is seen again.	\$ 2,500	Medicaid, Insurance
Treatment: MH Inpatient Treatment	Acute inpatient mental health services are 24-hour settings that provide services to treat acute psychiatric conditions. Primary goal is to provide a comprehensive evaluation, rapidly stabilize symptoms, address health and safety needs and develop a comprehensive and appropriate discharge plan.	\$ 30,000	Medicaid, Insurance
Basic Crisis Response: 24-hour Access to Crisis Response	Program designed to stabilize an acute crisis episode, which is available 24 hours a day, 365 days a year.	\$ 84,600	

Basic Crisis Response: Evaluation	The process used with an individual to collect information related to the individual's history and needs, strengths, and abilities in order to determine appropriate services or referral during an acute crisis episode.	\$ Included above	
Basic Crisis Response: Personal Emergency Response System	An electronic device connected to a 24-hour staffed system which allows the individual to access assistance in the event of an emergency.	\$ -	Medicaid
Support for Community Living: Home Health Aide	Unskilled medical services which provide direct personal care. This service may include assistance with activities of daily living, such as helping the recipient to bathe, get in and out of bed, care for hair and teeth, exercise, and take medications specifically ordered by the physician.	\$ 2,000	Medicaid
Support for Community Living: Home & Vehicle Mod	A service that provides physical modifications to the home or vehicle that directly address the medical health or remedial needs of the individual that are necessary to provide for the health, welfare, and safety of the member and to increase or maintain independence.	\$ -	Medicaid
Support for Community Living: Respite	A temporary period of relief and support for individuals and their families provided in a variety of settings. The intent is to provide a safe environment with staff assistance for individuals who lack an adequate support system to address current issues related to a disability. Respite may be provided for a defined period of time; respite is either planned or provided in response to a crisis.	\$ -	Medicaid
Support for Community Living: Supportive Community Living (Daily)	Services and supports to enhance an individual's ability to regain or attain higher levels of independence or to maximize current levels of functioning.	\$ 5,000	Medicaid
Support for Community Living: Supportive Community Living (Hourly)	Services provided in a non-institutional setting to adult persons with mental illness, intellectual, or developmental disabilities to meet the persons' daily living needs.	\$ 31,000	Medicaid
Support for Employment: Day Habilitation	Services that assist or support the individual in developing or maintaining life skills and community integration. Services will enable or enhance the individual's functioning, physical and emotional health and development, language and communication development, cognitive functioning, socialization and community integration, functional skill development, behavior management, responsibility and self-direction, daily living activities, self-advocacy skills, or mobility.	\$ 2,100	Medicaid
Support for Employment: Job Development	Services that assist individuals in preparing for, securing and maintaining gainful, competitive employment. Employment will be integrated into normalized work settings, will provide pay of at least minimum wage, and will be based on the individual's skills, preferences, abilities, and talents.	Included Below	Medicaid
Support for Employment: Supported Employment	An approach to helping individuals participate as much as possible in competitive work in integrated work settings that are consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests, and informed choice of the individuals. Services are targeted for individuals with significant disabilities for whom competitive employment has not traditionally occurred; or for whom competitive employment has been interrupted or intermittent as a result of a significant disability including either individual or group supported employment, or both, consistent with evidence-based practice standards published by the Substance Abuse and Mental Health Services Administration.	\$ 15,000	Medicaid
Support for Employment: Prevocational Services	Services that focus on developing generalized skills that prepare an individual for employment. Prevocational training topics include but are not limited to attendance, safety skills, following directions, and staying on task.	\$ 13,000	Medicaid

Recovery Services: Family Support	Services provided by a family support peer specialist that assists the family of an individual to live successfully in the family or community including, but not limited to, education and information, individual advocacy, family support groups, and crisis response.	\$ -	Medicaid
Recovery Services: Peer Support	A program provided by a peer support specialist including but not limited to education and information, individual advocacy, family support groups, crisis response, and respite to assist individuals in achieving stability in the community.	\$ -	Medicaid
Service Coordination: Case Management	Service provided by a case manager who assists individuals in gaining access to needed medical, social, educational, and other services through assessment, development of a care plan, referral, monitoring and follow-up using a strengths-based service approach that helps individuals achieve specific desired outcomes leading to a healthy self-reliance and interdependence with their community.	\$ -	Medicaid
Service Coordination: Health Homes	A service model that facilitates access to an interdisciplinary array of medical care, behavioral health care, and community-based social services and supports for both children and adults with chronic conditions. Services may include comprehensive care management; care coordination and health promotion; comprehensive transitional care from inpatient to other settings, including appropriate follow-up; individual and family support, which includes authorized representatives; referral to community and social support services, if relevant; and the use of health information technology to link services, as feasible and appropriate.	\$ -	Medicaid
Service Coordination: Service Coordination	Activities designed to help individuals and families identify service needs and coordinate service delivery.	\$ 33,500	

<u>Additional Service Domain: Specific Service</u>	<u>Description</u>	<u>FY15 Proposed Budget</u>	<u>Additional Funding Sources</u>
Consultation	Advisory activities directed to a service provider to assist the provider in delivering services to a specific person or in planning, developing, or implementing programs; solving administrative problems; or addressing other concerns in the provider's organization.	\$ 96,840	
Public Education	Activities provided to increase awareness and understanding of the causes and nature of conditions or situations which affect an individual's functioning in society	\$ 41,360	
Transportation		\$ 8,500	Medicaid
Medications		\$ 28,000	Medicaid, Insurance
Work Activity/Sheltered Work	Facility based vocational services that provide a supportive environment where individuals can acquire job skills, work experience and wages, which are based on the individual's productivity level.	\$ 115,000	Medicaid
RCF/ID/PMI	Facilities licensed as residential care facilities, including those with special licenses for individuals with intellectual disabilities or for persons with mental illness.	\$ 780,000	Medicaid
ICF/ID/PMI	Facilities licensed as intermediate care facilities, including those with special licenses for individuals with intellectual disabilities or for persons with mental illness.	\$ -	Medicaid
Civil Commitments	Evaluations, transportation, legal representation, mental health advocates, and other services provided to individuals undergoing civil commitment	\$ 249,000	

Administration	Activities necessary to manage the service system	\$ 195,000	
TCM Pass-Through	Expenses associated with county-provided targeted case management, for which Medicaid reimbursement is expected.	\$ 225,000	
Grand Total		\$ 2,119,900	

PROJECTED REVENUES

Mahaska County Maximum Levy	\$1,061,105
Mahaska County Case Management	\$225,000
Marion County Maximum Levy	\$1,089,896
Regional State Payment Program	\$429,023
Regional Levy Equalization	<u>\$490,154</u>
TOTAL PROJECTED REVENUES	\$3,295,178
Less Anticipated Expenditures	<u>\$2,119,900</u>
ENDING FUND BALANCE	\$1,175,278

E. Financial Forecasting Measures

Historical service utilization is the starting point for all financial projections. However, recent changes in the system including transition to residency and Iowa Health and Wellness Plan have provided challenges to using historic data.

Through the course of the year Mid-Iowa Behavioral Health Region staff, the regional advisory board and local stakeholders will identify unmet needs and areas for service development, and accounting for legislative action which will be incorporated into subsequent budgets.

F. Provider Reimbursement Provisions

Mid-Iowa Behavioral Health Region will contract with MHDS providers whose base of operation is in the region. MIBHR may also honor contracts that other regions have with their local providers or may choose to contract with providers outside of the Region. A contract may not be required with providers that provide one-time or as needed services.

Each service provider shall provide monthly billing invoices within 60 days of service provision, and other information requested of the provider for utilization review. The monthly billings shall include the following information:

- Name and unique identifier of each individual served during the reporting period.
- Dates of service.
- Number of units of service delivered to each individual served.
- When requested, attendance records.
- Unit rate and total cost of the units provided to each individual. Copayments or other charges billed to other sources shown as deductions on the billing.
- Actual amount to be charged to the Region for each individual for the period.

MIBHR staff shall review the billings and additional utilization information in comparison with service funding authorizations in place. Non-emergency services delivered without service funding authorization shall be deducted from the billing.

All eligible bills shall be paid within 60 days of receipt of required documentation unless unforeseen circumstances exist.

No billings received more than 60 days after the close of the fiscal year in which the service was provided shall be considered for payment by MIBHR unless there is a statutory obligation. Fiscal year for MIBHR is July 1 – June 30.

It is intended that only MIBHR staff shall authorize services for residents of MIBHR. Due to that, it is the policy of MIBHR that if another county, region, or the State, determines residency in error or approves services for persons who do not have residency in their region, MIBHR may not assume retroactive payment. When written notification is received by MIBHR of the error, MIBHR staff shall authorize services according to the policies and procedures set forth in the Policies and Procedures manual.

Reimbursement methods utilized by MIBHR may include block-grant funding, fee for service funding and non-traditional providers will be used when appropriate based on the needs of individual clients. Funding approaches identified to incorporate all services and sources of funding used by individuals receiving services include: regional funding, county funding, private pay, third party insurance and the medical assistance program.

<u>Regional Network of Providers</u>	<u>Services Available in the Region</u>
A Ray of Hope Counseling 216 North B Street Oskaloosa, IA 52577 Tele: 641-676-4545	Assessment and Evaluation Mental Health Outpatient Therapy
Area Agency on Aging (Mahaska County) 17 N. Cooper St. Ste. 2 Ottumwa, IA 52501 Tele: 800-642-6522	Family Support
Area Agency on Aging (Marion County) 5835 Grand Ave. Ste. 106 Des Moines, IA 50312 Tele: 800-747-5352	Family Support
Capstone Behavioral Health 2003 N. Lincoln St. Knoxville, IA 50138 Tele: 641-842-4925	Assessment and Evaluation Mental Health Outpatient Therapy Medication Prescribing and Management 24 hour Access to Crisis Response Day Habilitation
Christian Opportunity Center 110 B Avenue E Oskaloosa, IA 52577 Tele: 641-673-9480	Job Development Supported Employment Prevocational Services Day Habilitation Work Activity/Sheltered Work
Christian Opportunity Center 1553 Broadway St. Pella, IA 50219 Tele: 641-628-1162	Supported Community Living Job Development Supported Employment Prevocational Services Day Habilitation Home and Vehicle Modification ICF/ID Work Activity/Sheltered Work
Country Life Healthcare 2554 Ford Ave. Oskaloosa, IA 52577 Tele: 641-673-4447	Supported Community Living (hourly)??? Day Habilitation (hourly)??? RCF
Employee and Family Resources (EFR) 505 5 th Ave. Des Moines, IA 50309 Tele: 800-327-4692	Family Support
First Resources, Corp. 1907 17 th Ave., E. Oskaloosa, IA 52577 Tele: 641-673-1421	Supported Community Living
Girling Home Health 213 E. Main St. Knoxville, IA 50138 Tele: 641-842-7143	Home Health Aid Home and Vehicle Modification
Goshorn Psychiatric Services 410 E. Robinson St., A2 Knoxville, IA 50138 Tele: 641-205-3100	Assessment and Evaluation Mental Health Outpatient Therapy Medication Prescribing and Management

Grace Home Health 207 E. Main St. Knoxville, IA 50138 Tele: 641-828-7709	Home Health Aid
Heartland Home Care 212 N Market Oskaloosa, IA 52577 Tele: 641-672-2944	Home Health Aid
Imagine the Possibilities 1701 3 rd Ave. E., Ste. 6 Oskaloosa, IA 52577 Tele: 641-673-3459	Supported Community Living Respite ICF/ID
Integrative Counseling Solutions 107 S. 3 rd St. Knoxville, IA 50138 Tele: 641-842-4357	Assessment and Evaluation Mental Health Outpatient Therapy 24 hour Access to Crisis Response
Iowa Home Care 2521 Washington St. Pella, IA 50219 Tele: 641-620-1528	Personal Emergency Response Home and Vehicle Modification
Mahaska Health Partnership-Behavioral Health 1229 C Avenue E Oskaloosa, IA 52577 Tele: 641-672-3159	Assessment and Evaluation Mental Health Outpatient Treatment Medication Prescribing and Management 24 hour Access to Crisis Response Peer Support Consultation Public Education
Marion County Care Facility (CCI)?? 1111Newbold St. Knoxville, IA 50138 Tele: 641-828-2238	Supported Community Living (hourly)?? RCF
Mary Greeley Medical Center 1111 Duff Ave. Ames, IA 50010 Tele: 515-239-2683....Adult Behavioral Unit Tele: 515-239-2155....Emergency Department	Mental Health Inpatient Treatment
Pine Rest Christian Mental Health Center 2611 Washington St. Pella, IA 50219 Tele: 641-842-4925	Assessment and Evaluation Mental Health Outpatient Therapy Medication Prescribing and Management
Quality Home Care Professionals, Inc. 101 E. Main St. Knoxville, IA 50138 Tele: 641-828-7889	Home Health Aid